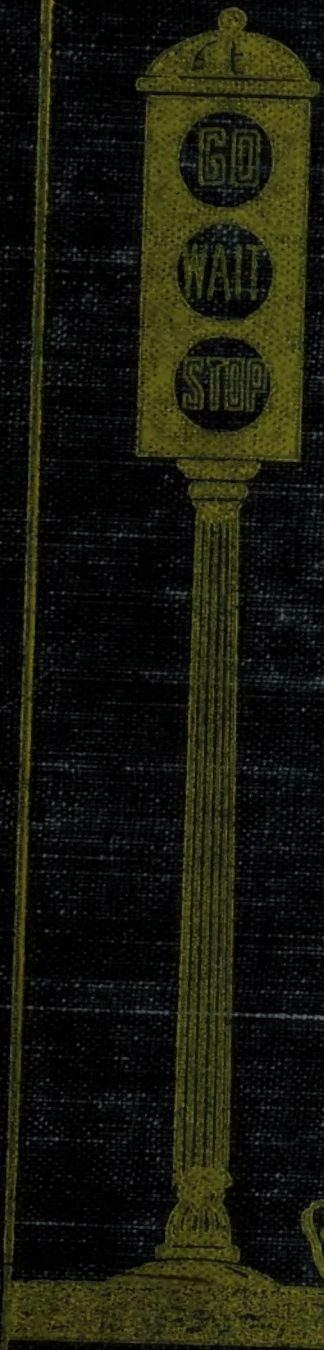
MOTHER GOOSE HEALTH RHYMES

BY C.M. BARTRUG



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MOTHER GOOSE HEALTH RHYMES

BY
C. M. BARTRUG
Author of
MOTHER GOOSE SAFETY RHYMES
MOTHER GOOSE ETIQUETTE RHYMES

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CHICAGO ILLINOIS
1944

PREFACE

To the Parent:

Healthy people are generally happy people. Good Health, Long Life and Happiness seem to go hand-in-hand. Most people are born with good health, but few enjoy it to a ripe old age.

Too many people take Good Health for granted. They give little attention to the simple rules of Nature until they become ill, and then it is generally too late to repair the damage caused by carelessness and neglect.

Most people would be happier, and live longer, if they observed a few of Nature's simple rules for Good Health.

It is the purpose of this book to teach little children Nature's most important rules for Good Health, Long Life and Happiness. The real Mother Goose characters come to life and talk to the boys and girls about the rules for Good Health and Happiness. Even Kindergarten children will enjoy the Rhymes and Pictures.

It is the belief of the author that all boys and girls who read this book will not only enjoy the Rhymes and Pictures, but will actually form correct Health Habits which will keep them healthy and happy all through life.

Give your children a chance to learn the Rules for Good Health, Happiness, and Long Life before it's too late.

C. M. BARTRUG

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Old Mother Goose

Old Mother Goose is wise they say;
She sends her children out to play.
They like to play in the bright sunshine;
It makes them healthy, happy, and fine.

GET PLENTY OF FRESH AIR AND SUNSHINE

Little Bo-Peep

Little Bo-Peep gets lots of sleep,
With windows open at night;
She goes to bed at seven o'clock,
And sleeps without any light.

CHILDREN SHOULD SLEEP FROM SEVEN TO SEVEN

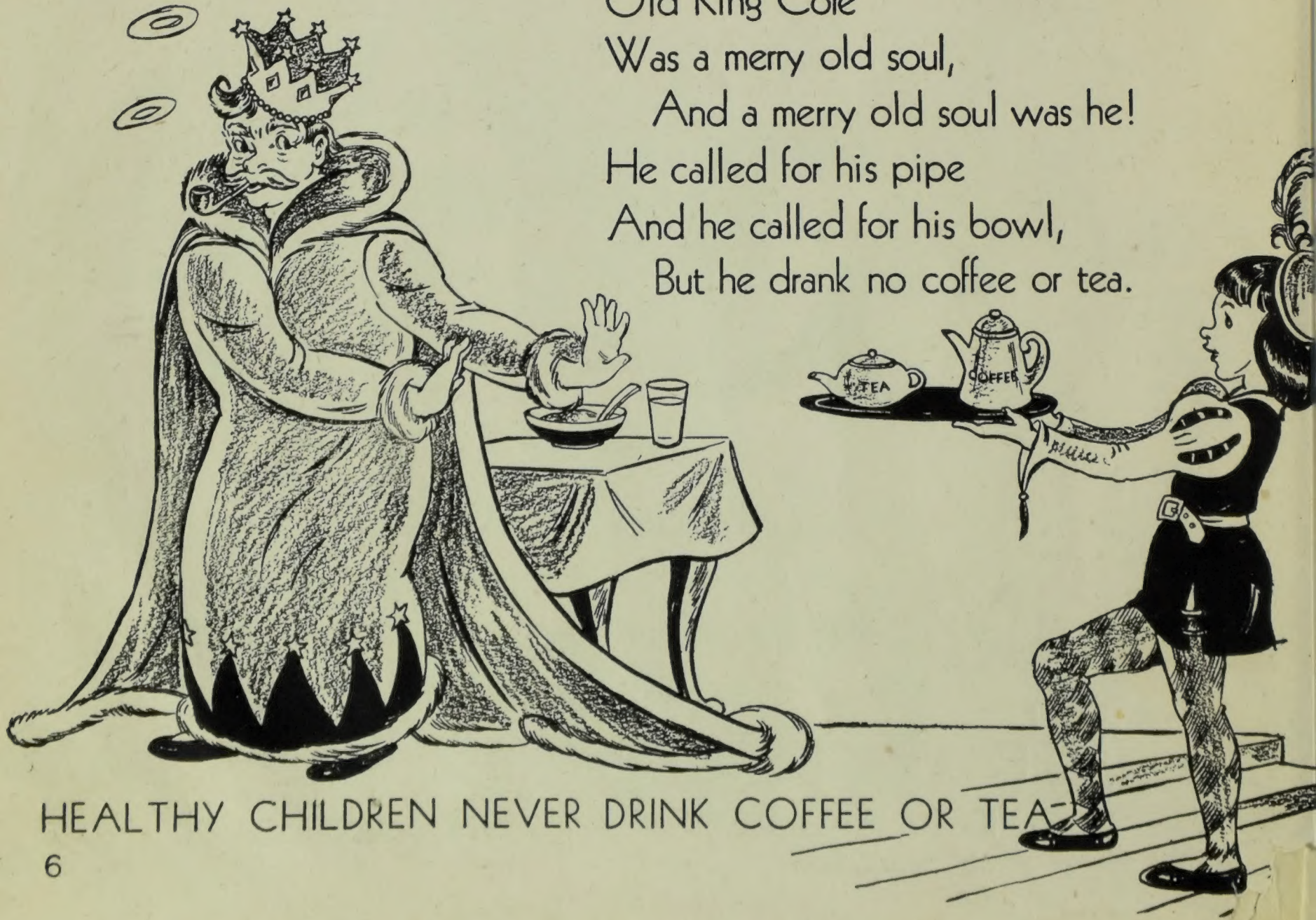
Doctor Foster

Doctor Foster went to Glo'ster
In a shower of rain;
He stepped in a puddle up to the middle
And now he is sick again.

WEAR RUBBERS AND RAINCOATS ON RAINY DAYS

Old King Cole

Old King Cole
Was a merry old soul,
And a merry old soul was he!
He called for his pipe
And he called for his bowl,
But he drank no coffee or tea.



HEALTHY CHILDREN NEVER DRINK COFFEE OR TEA

Mistress Mary, Quite Contrary

Mistress Mary, quite contrary,
What makes your body grow?
Carrots and beans, and spinach greens,
And cabbage heads all in a row.

EAT GREEN VEGETABLES EVERY DAY

A Wooden Leg

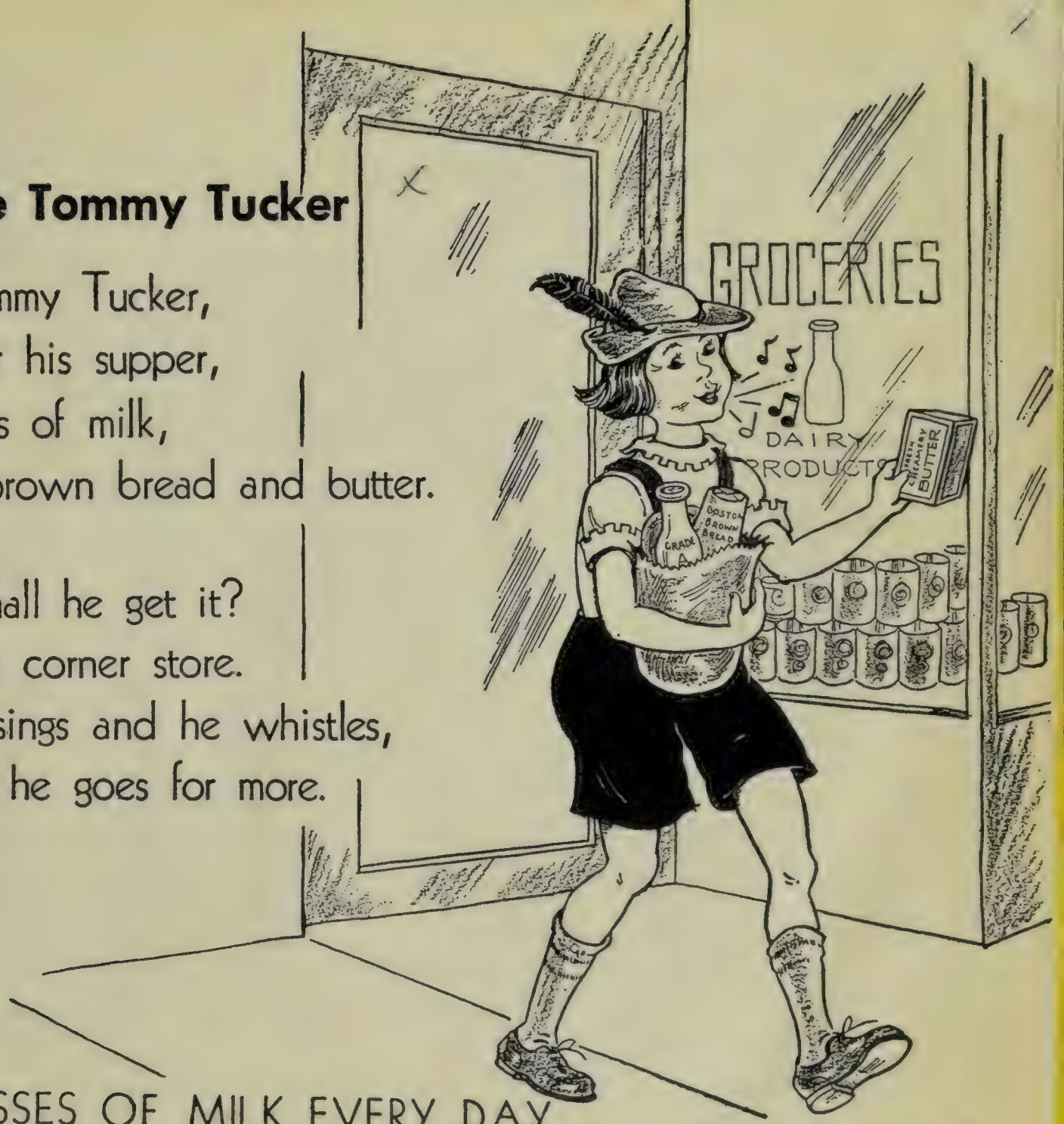
Peg, Peg, with a wooden leg,
Eats her spinach with an egg;
She eats some apples and oranges too,
And takes a rest when she is through.

EAT FRESH FRUITS EVERY DAY

Little Tommy Tucker

Little Tommy Tucker,
Eats for his supper,
One glass of milk,
And brown bread and butter.

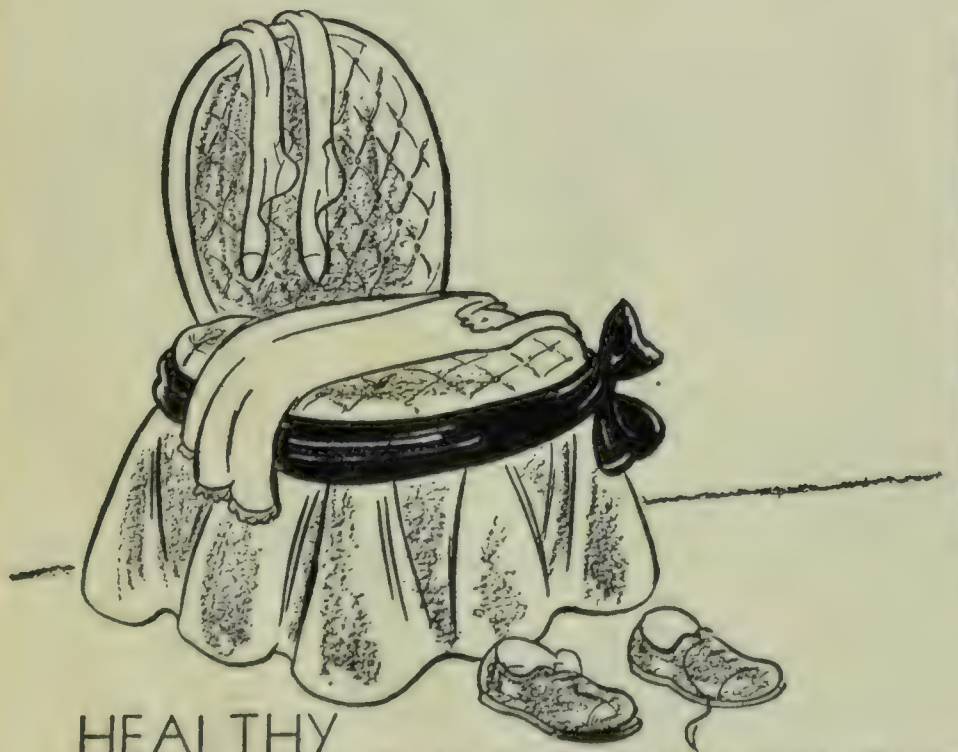
Where shall he get it?
At the corner store.
And he sings and he whistles,
When he goes for more.



DRINK FOUR GLASSES OF MILK EVERY DAY

We Brush Our Hair

This is the way we brush our hair
Brush our hair, brush our hair,
This is the way we brush our hair,
So early every morning.

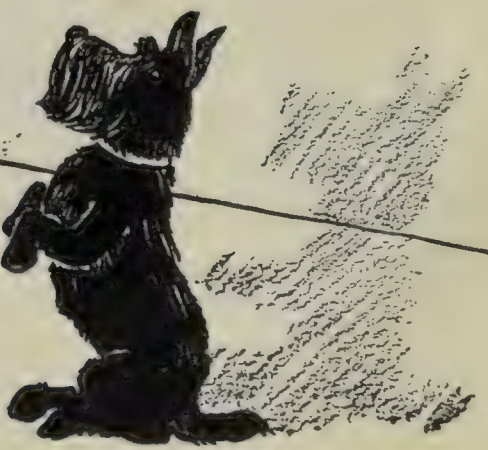


HEALTHY CHILDREN BRUSH THEIR HAIR EVERY DAY

Jack Be Nimble

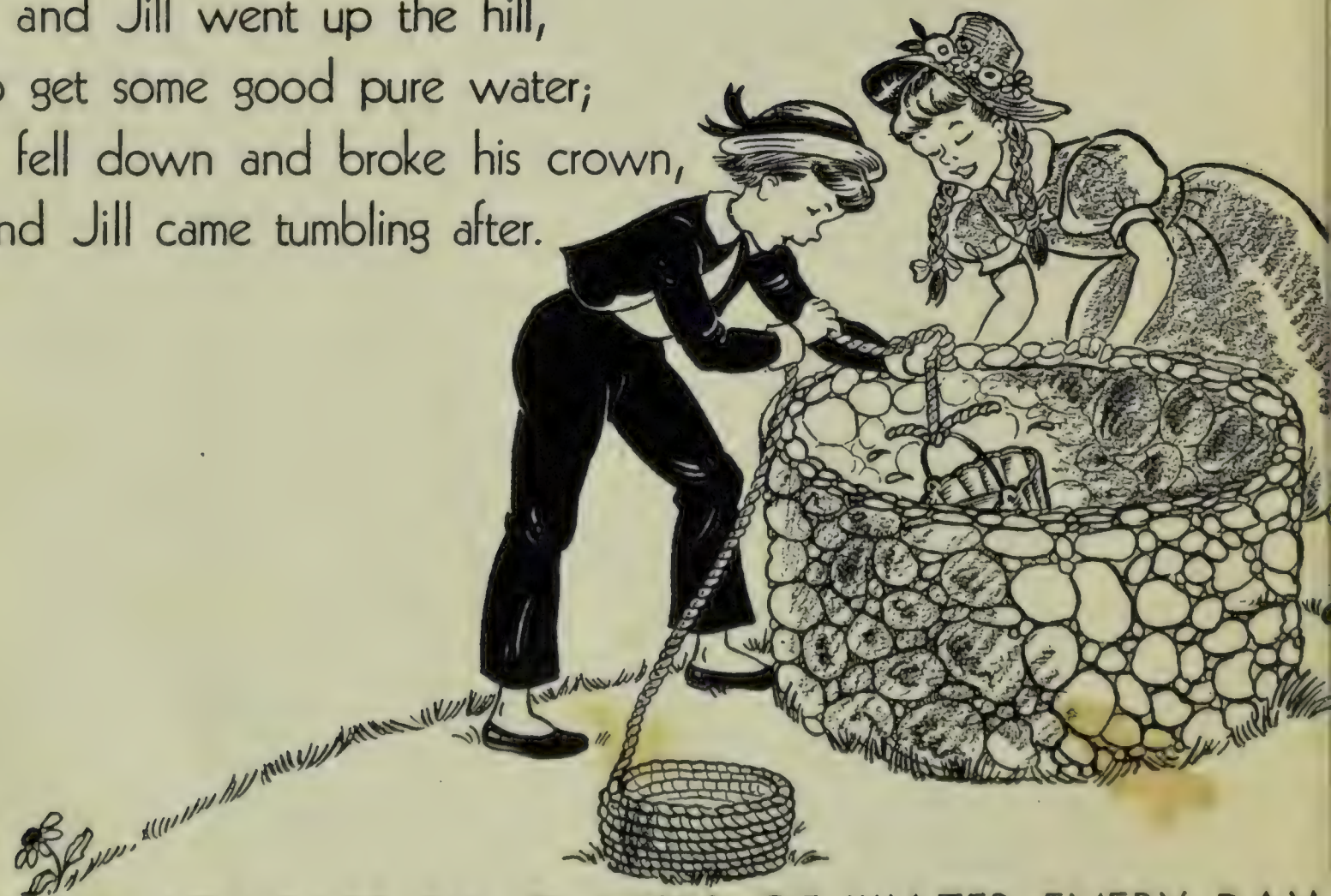
Jack be nimble,
Jack be quick;
Jack stands up,
Like a candlestick.

ALWAYS SIT AND STAND UP STRAIGHT



Jack and Jill

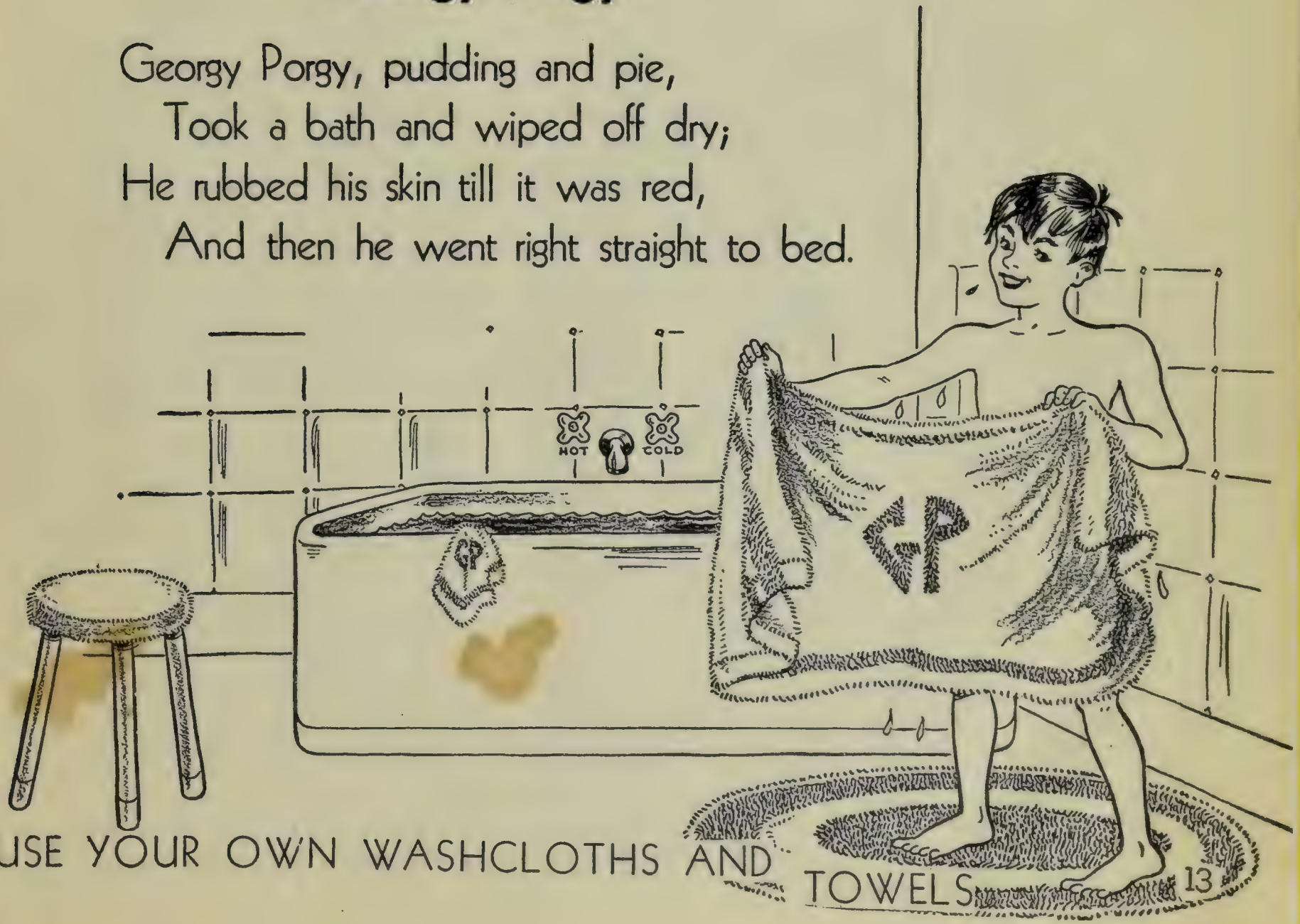
Jack and Jill went up the hill,
To get some good pure water;
Jack fell down and broke his crown,
And Jill came tumbling after.



DRINK AT LEAST SIX GLASSES OF WATER EVERY DAY

Georgy Porgy

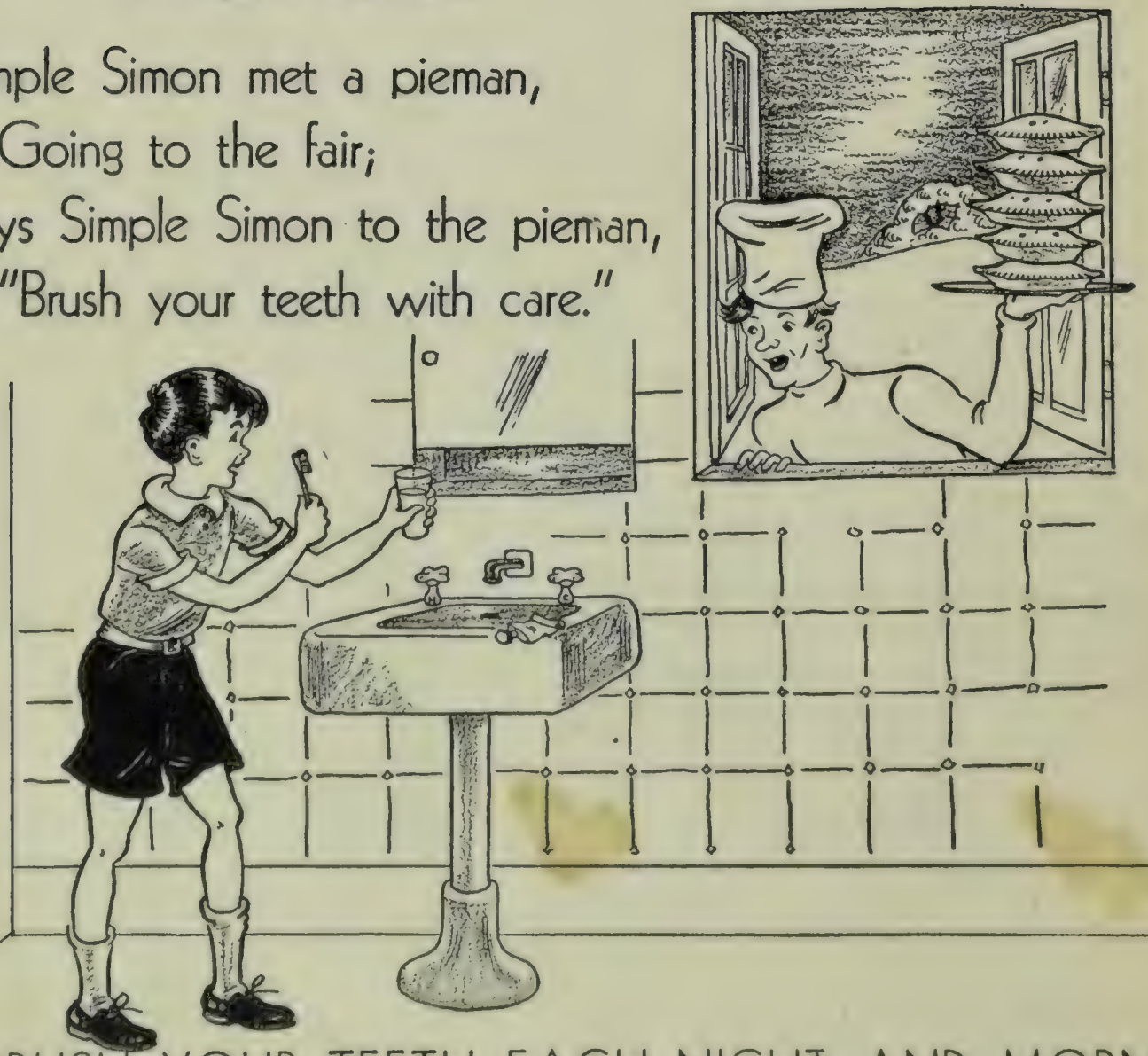
Georgy Porgy, pudding and pie,
Took a bath and wiped off dry;
He rubbed his skin till it was red,
And then he went right straight to bed.



USE YOUR OWN WASHCLOTHS AND TOWELS.

Simple Simon

Simple Simon met a pieman,
Going to the fair;
Says Simple Simon to the pieman,
"Brush your teeth with care."



BRUSH YOUR TEETH EACH NIGHT AND MORNING

Handy Spandy

Handy Spandy, Jack-a-dandy,
Loves plum cake and sugar candy;
He eats before and after meals,
No matter how his stomach feels.

DO NOT EAT SWEETS BETWEEN MEALS

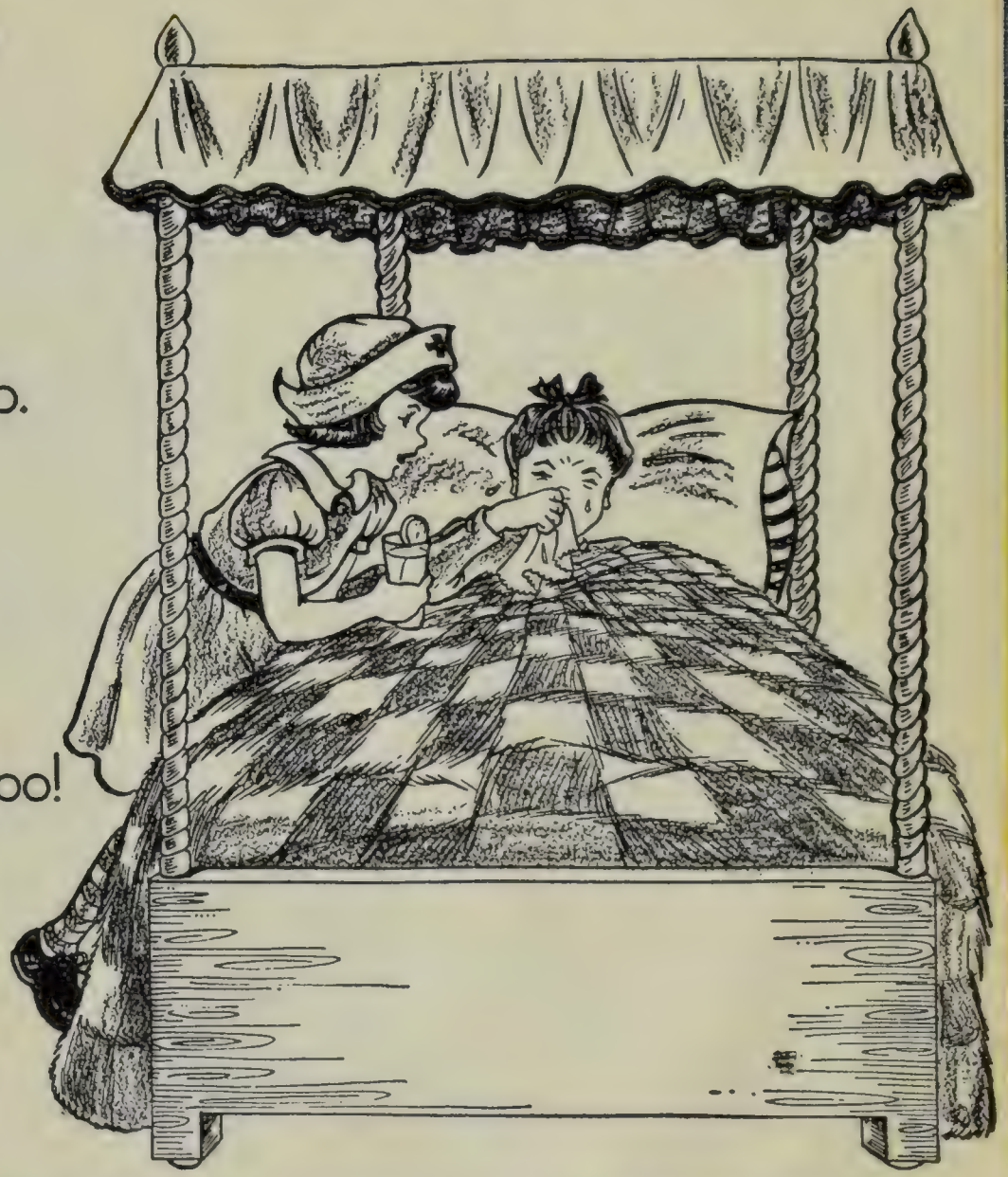
Ba-a, Ba-a, Black Sheep

Ba-a, ba-a, black sheep, have you any wool?
Yes sir, yes sir, three bags full.
One for my sweater, one for my hat,
And one for the little boy that chased the cat.

Cock A Doodle Doo

Cock-a-doodle doo!
My dolly has the flu,
I'll put her right to bed,
For that's the thing to do.

Cock-a-doodle doo!
I guess I have the flu.
I caught it from my dolly,
Kerchoo! Kerchoo! Kerchoo!



COVER YOUR COUGHS AND SNEEZES WITH A HANDKERCHIEF

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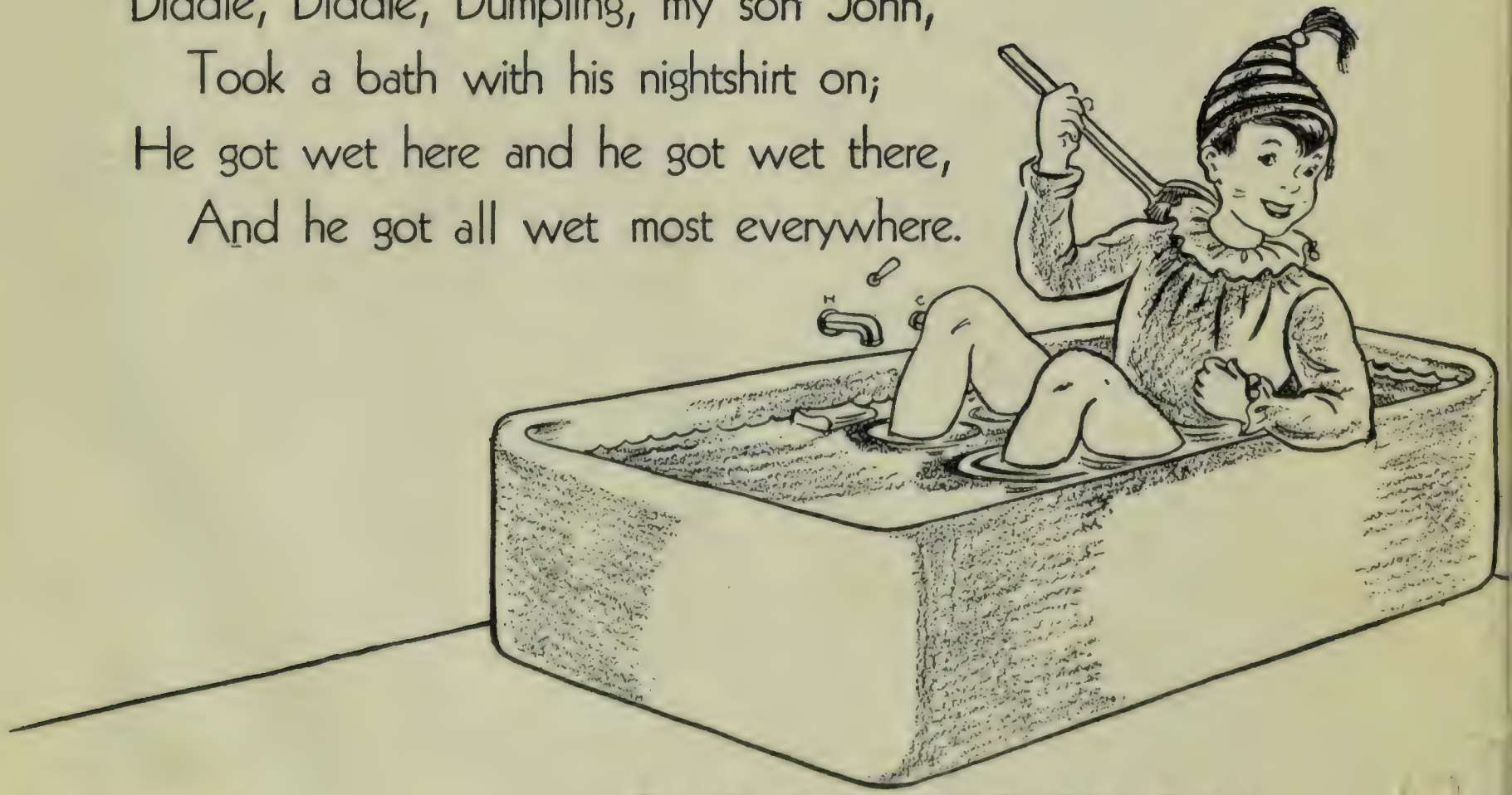
Diddle, Diddle, Dumpling

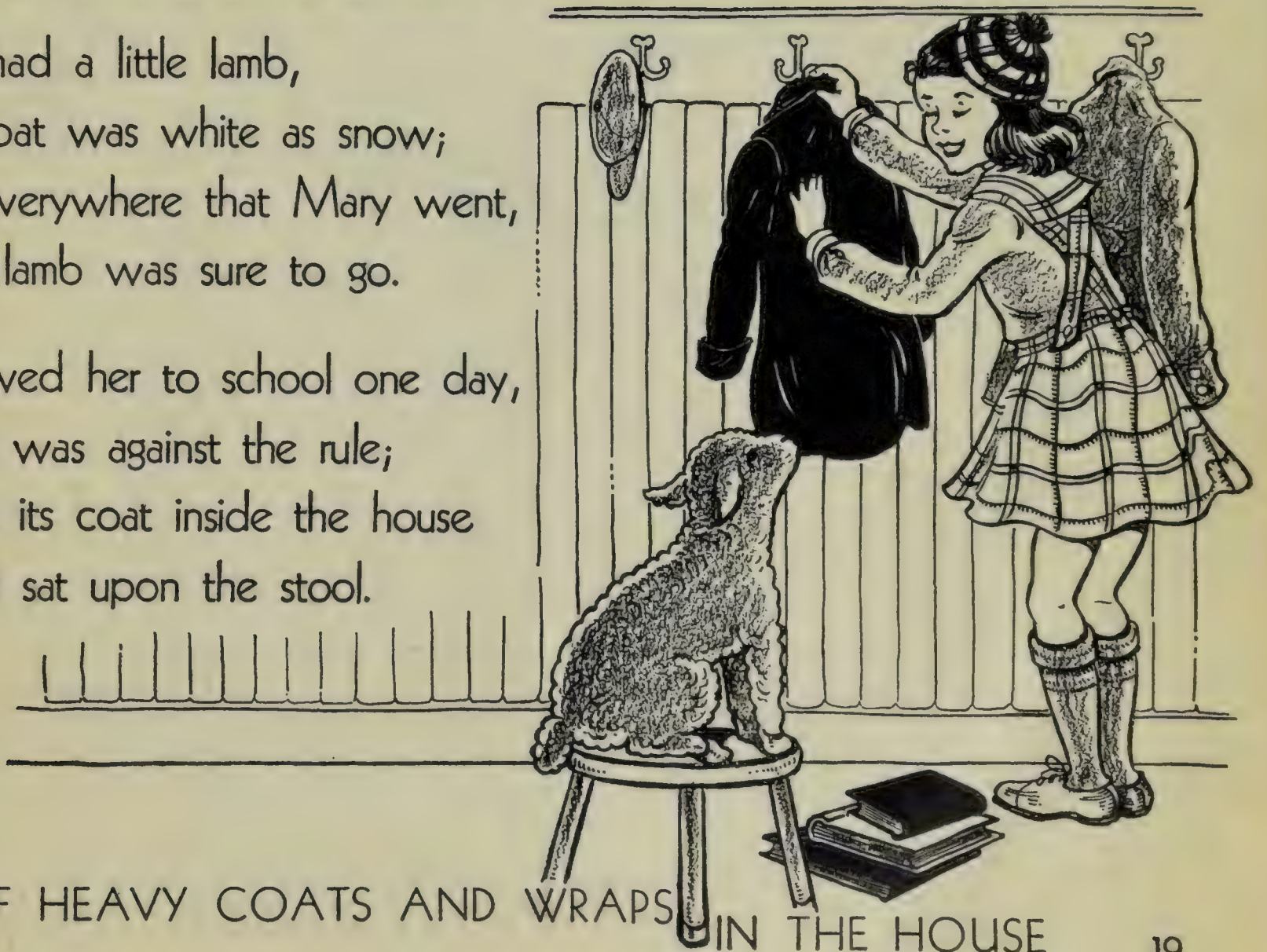
Diddle, Diddle, Dumpling, my son John,
Took a bath with his nightshirt on;
He got wet here and he got wet there,
And he got all wet most everywhere.



Mary Had a Little Lamb

Mary had a little lamb,
Its coat was white as snow;
And everywhere that Mary went,
The lamb was sure to go.

It followed her to school one day,
That was against the rule;
It wore its coat inside the house
And sat upon the stool.



TAKE OFF HEAVY COATS AND WRAPS IN THE HOUSE

Tom, Tom, the Piper's Son

Tom, Tom, the piper's son,
Eats his food and away he run.
He eats so much that he doesn't chew,
And he never knows when he is through.

HEALTHY CHILDREN NEVER OVEREAT

Pat-A-Cake

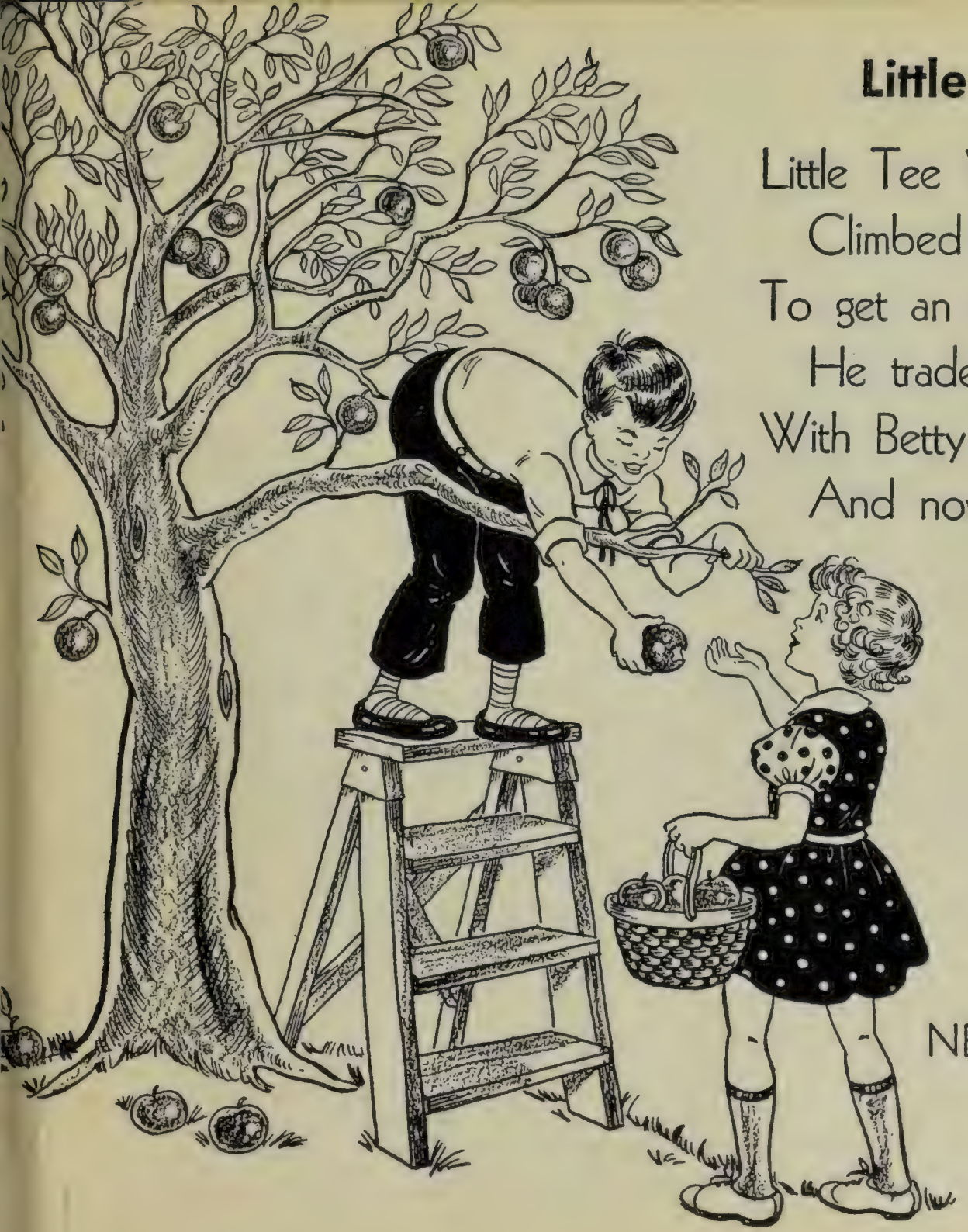
Pat-a-cake, pat-a-cake, baker's man!
Eats his food as slowly as he can;
He chews it, and chews it, and chews it well,
How much to eat, his stomach will tell.

EAT SLOWLY AND CHEW YOUR FOOD WELL

We Hang Up Our Clothes

This is the way we hang up our clothes
Hang up our clothes, hang up our clothes,
This is the way we hang up our clothes,
So early every morning.

HEALTHY CHILDREN ALWAYS HANG UP THEIR CLOTHES



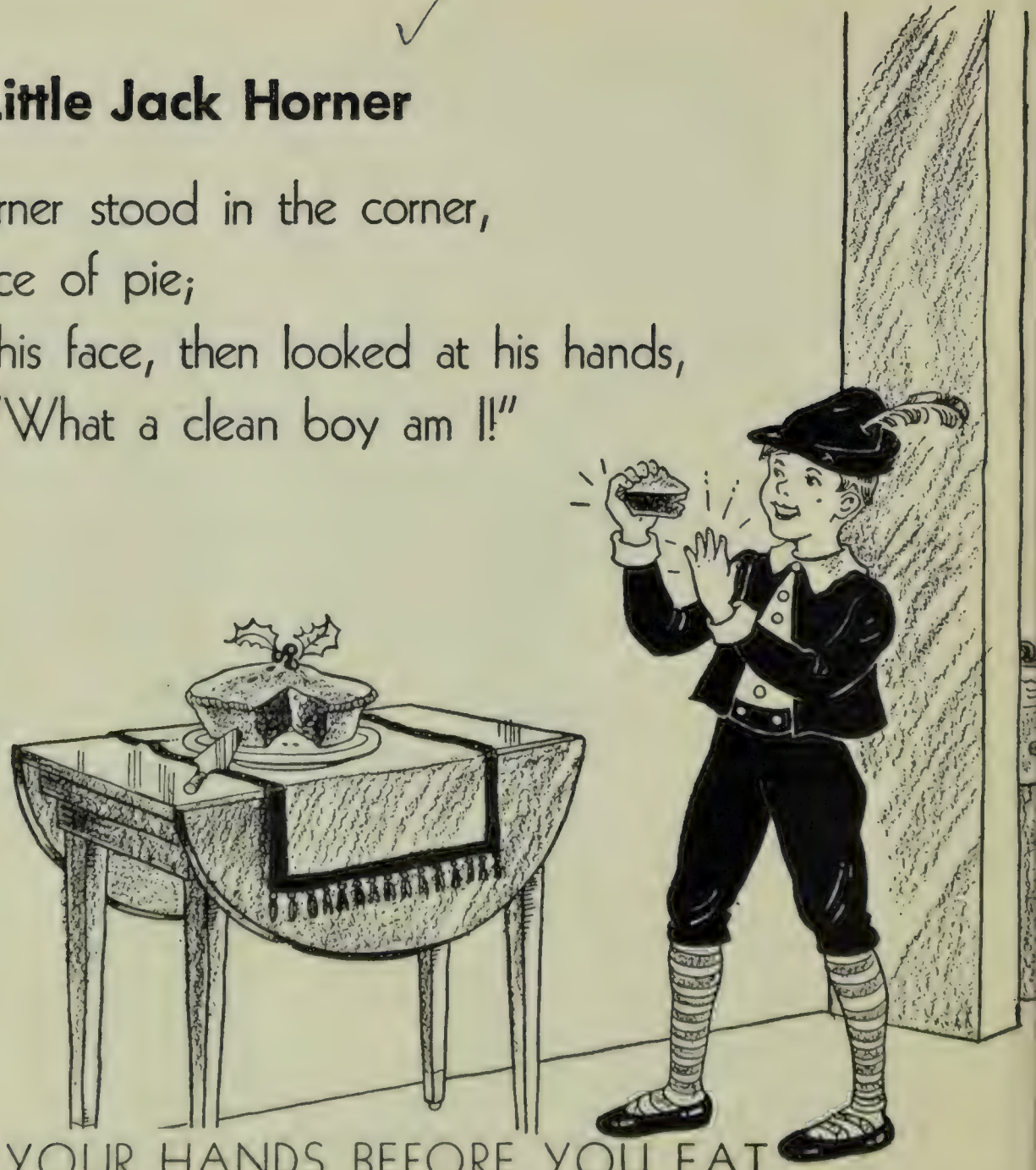
Little Tee Wee

Little Tee Wee,
Climbed up a tree
To get an apple red;
He traded a bite
With Betty Bright,
And now he's sick abed.

NEVER TRADE BITES

Little Jack Horner

Little Jack Horner stood in the corner,
Eating a piece of pie;
He looked at his face, then looked at his hands,
And said, "What a clean boy am I!"



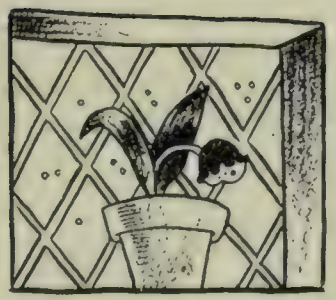
ALWAYS WASH YOUR HANDS BEFORE YOU EAT

A Song of Sixpence

Sing a song of sixpence
A basketful of sighs;
When you're tired of reading
Always rest your eyes.

TAKE GOOD CARE OF YOUR EYES

Hickety, Pickety



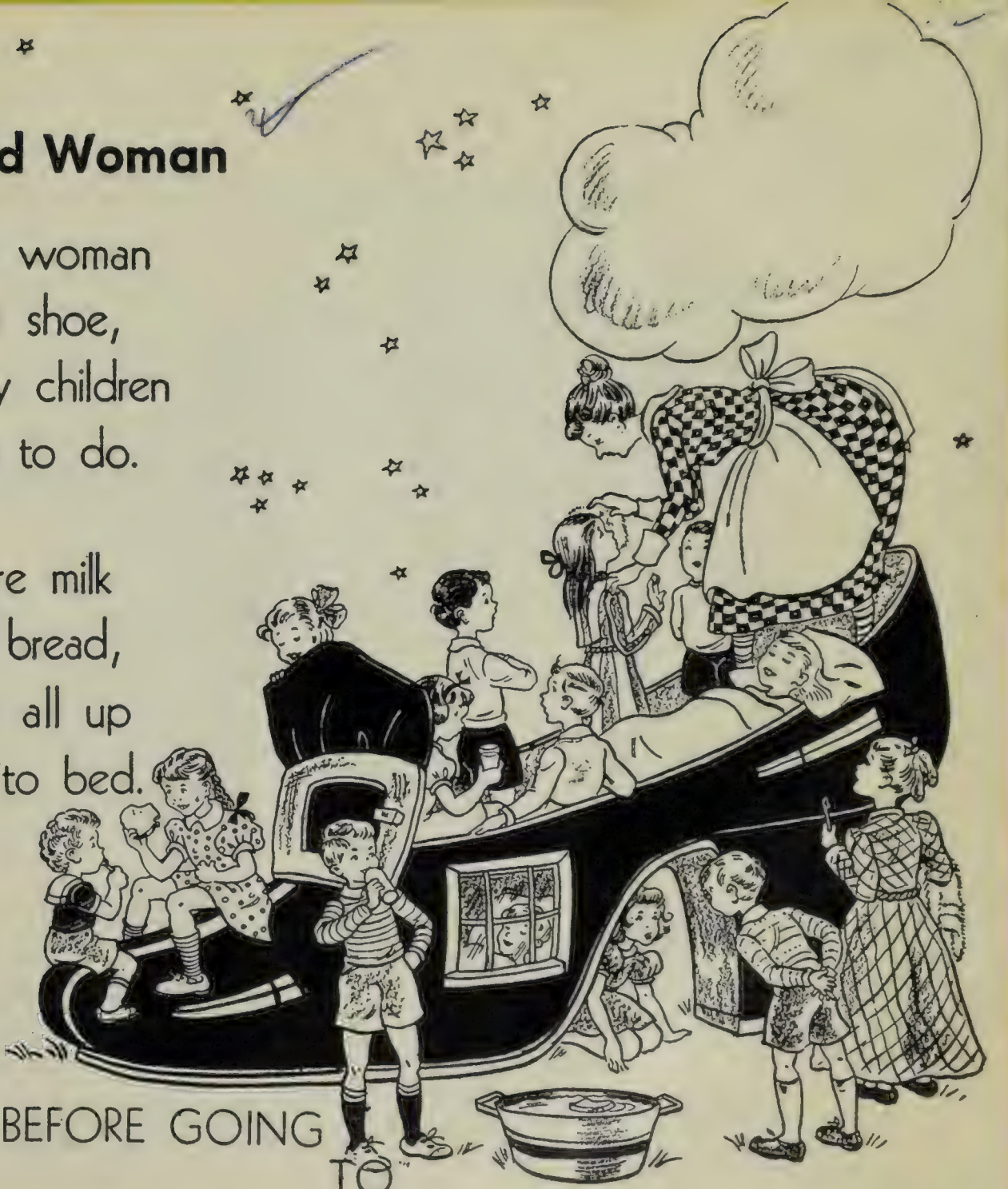
Hickety, pickety, my black hen,
Catches colds from gentlemen;
And when she gets one in her head,
She always goes right straight to bed.

GO TO BED WHEN YOU GET A COLD

There Was an Old Woman

There was an old woman
Who lived in a shoe,
Who had so many children
She knew what to do.

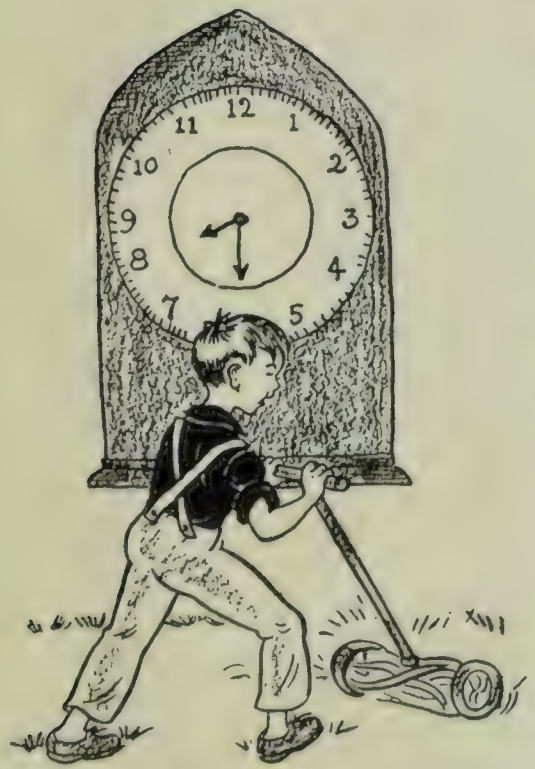
She gave them pure milk
With plenty of bread,
Then washed them all up
And sent them to bed.

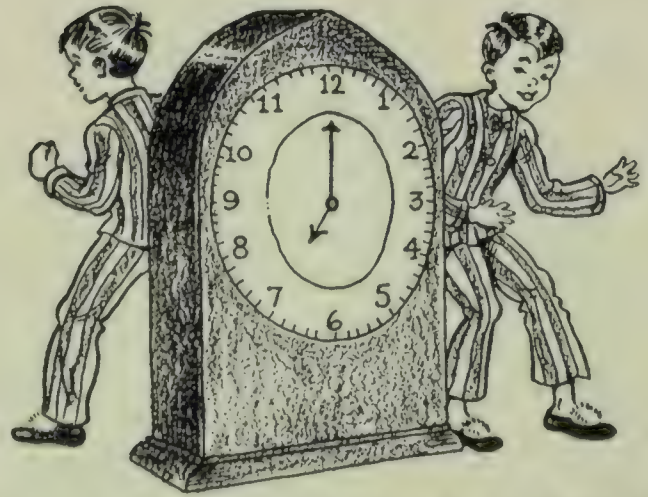


BE SURE TO WASH BEFORE GOING TO BED

Hickory, Dickory, Dock

Hickory, dickory, dock,
Gets up without a clock;
When it strikes one,
His work is all done;
Hickory, dickory, dock.





A LITTLE WORK AND A LITTLE PLAY,
WILL MAKE YOU HAPPY EVERY DAY.

MISTRESS
MARY

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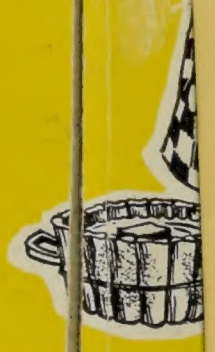

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